



Our Hen House

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Interview with Virginia Messina, R.D. and JL Fields

By OUR HEN HOUSE

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Following is a transcript of an interview with Virginia Messina, R.D. and JL Fields conducted by JASMIN SINGER and MARIANN SULLIVAN of [Our Hen House](#), for the [Our Hen House podcast](#). The interview aired on Episode 184.

JASMIN: Virginia Messina, [theveganrd.com](#), and JL Fields, [jlgoesvegan.com](#), are coauthors of the brand new book *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet*. In *Vegan for Her* nutritionist Ginny Messina tackles the issues pertinent to women who follow, or who are considering following, a vegan diet. And JL Fields provides health supportive recipes and tips for taking your veganism beyond the plate. With specific guidance on meeting women's unique nutritional needs throughout the life cycle and information about food choices that relate to many health concerns, *Vegan for Her* is practical and realistic guide to making sure that your vegan diet is as healthy as it can be. Learn more at [veganforher.com](#).

Welcome to Our Hen House, Ginny and JL!

GINNY: Hi, it's great to be here.

JL: Hi, so happy to be back!

JASMIN: So you guys are both in JL's abode at the moment, aren't you?

GINNY: Yes we are.

JASMIN: My first question is why aren't we?

GINNY: I don't know. We miss you.

JASMIN: Yeah, we miss you too. It seems like it would be a delicious place to be. There's so much buzz going on about you guys right now with your new book *Vegan for Her* and I'm sure that you're eating really well if Ginny and JL are together in the kitchen. I feel like you must be walking around with flour all over your face all the time.

GINNY: JL just made me breakfast this morning. We had curried peanut butter. Is that what we had?

JL: Curried cashew butter.

GINNY: Curried cashew butter.

MARIANN: Yum.

JASMIN: That's mean, just mean.

GINNY: It's in *Vegan for Her* and it is excellent. It's the first time I'd had it.

JASMIN: Oh my god, I'm so jealous and I just -- let's actually get started, I have so many questions for you. Ginny, we'll start with you. Why a book on veganism for women? And what made you decide to go in this direction?

GINNY: Well, I've coauthored a book on vegan nutrition, *Vegan for Life*, with Jack Norris a couple years ago. I know that you know about that book. And I felt that it addressed all of the issues about meeting nutrient needs for vegans and had covered all of that information pretty well. But after the book was out for a few months I started hearing from women who had specific questions about things like preventing breast cancer, fertility, lots of questions on weight management. And as I started writing up answers to those questions I saw a book coming together and realized that there was probably going to be a need for that book. So, just made the decision to plunge in and started writing *Vegan for Her* and that's how it happened.

MARIANN: So, JL, tell us what part you contributed to the book and what each of you consider your role in the book.

JL: Well, I got an email from Ginny about a year and a half ago with the favorite subject line ever which was "Write a book with me?" and I was like, oh my gosh, I went back to being that 12-year-old girl thinking, "Someday I'll write a book!" And so Ginny actually asked me, when she reached out to me, she wanted to include recipes in her book. She wanted to have something that, recipes that supported the nutritional content that she was providing and she said that my recipes reflected her nutritional philosophy. And I said, "Well, of course they do, I read your blog!"

So that's how it started and then as we were progressing it was really fun. Ginny would send me emails and she's like "I'm feeling like we need something Mediterranean" and I'm like "On it!" and I got to create recipes based on what she was looking for. And as time progressed we decided that we really should have something in the book about lifestyle as well because Ginny and I are both ethical vegans. And so while this is about nutrition and we have recipes, we want people to eat vegan because that's good for animals but we also don't want them to wear them. And so she asked me to write a chapter that we ultimately called "Veganism Beyond the Plate," which, at the end, it's just an opportunity for people to take another step, kind of take a step back from the nutrition and look at the things that they could be considering about what they wear, what they put on their face, how they wash their clothes, and how they might build a more compassionate home.

JASMIN: I just love that chapter and I'm so glad that you went there. I see so many vegan books popping up that talk about the importance of it from a health perspective and you're

actually going there! You're actually talking about the fact that it is beyond *just* health and it affects those around us, not just us. So kudos to that, that's one of the reasons why this is my new favorite book. And JL, you obviously have strong attitudes about food. For example, you are quite vocal about your personal quest to, quote, "stop chasing skinny." When Ginny approached you with the idea for this book, why did you feel that your food philosophies were a good match?

JL: Because I knew I was going to be able to use oil in my recipes.

MARIANN: Bottom line.

JASMIN: I'm sorry you guys but this interview is over. It's done, it's over.

GINNY: It's actually true. One of the reasons that I invited JL to write this book with me, I mean the biggest reason is that I just admire her so much and I knew we would have a blast working together. But I also really like her cooking philosophy that she is interested in making recipes as easy as possible and as healthy as possible but she doesn't place lots of restrictions. She's happy to cook with a little sugar, a little oil, and that was really important to me. And of course I also wanted someone who shared my perspective on weight management issues and I had been reading her Stop Chasing Skinny blog and that was important to me. And also I knew I was going to ask her to write your favorite chapter on taking veganism beyond the plate and that she'd do a great job with that.

JASMIN: Well I also love too, and I will continue to bring this up, but I've brought this up on the show before, that, JL, you say "I'm vegan for the animals" and that's your messaging. And you get hate mail from people, "Why are you using oil?" and I have a double part question. I think both of you will probably want to weigh in on this. Ginny, I want to know from you what the proper role of fat is in the diet and why are vegan fats superior to animal based fats? And kind of, I want to say piggy-backing on that but I feel like I'm oppressing the piggy so let's say dove-tailing on that, JL maybe, do you find it frustrating how people equate veganism with particular diet trends within veganism such as raw or Fuhrman or a Forks over Knives type of diet? I'd love to know what both of you think about this and how you define veganism.

GINNY: Okay, well let me talk about the fat issue a little bit. This idea that eating a low-fat diet or eating a low-carb diet or a high-protein, that's kind of an old fashioned way of looking at nutrition. What we understand about food and nutrition and nutrients now is that it's the type of carbohydrate that you eat and the type of fat that you eat and where you're getting your protein. Those are the things that matter rather than the ratios of those different nutrients. And there is -- we know that fat from animal foods is bad for us. Saturated fat raises blood cholesterol, it raises risk for cancer and heart disease. But replacing saturated fat with unsaturated fat from plant foods lowers blood cholesterol, lowers risk for heart disease. Those fats are not associated with increased risk for things like cancer. They're perfectly healthful as long as we're balancing them with healthy carbohydrates and healthy sources of protein. So I encourage people to eat primarily a high carbohydrate diet with plenty of protein and moderate amounts of healthy plant fats.

MARIANN: And JL, you mentioned that one of the reasons you were eager to do this book and do these recipes is 'cause you got to use oil. Do you find it frustrating that so many

people are starting to equate veganism with no oil?

JL: Yes, I do. And I guess when I think about using oil -- listen, I think one of my favorite things I ever heard was from Gena Hamshaw, which is, "When you're using oil don't be afraid of oil. You just don't need to hear it glugging when you're putting it in your skillet." And it makes me laugh 'cause there are occasions when it glugs but then I just decide to make food for eight people instead of one. But I think, when I think about using fat it's not just about that it's something that I think makes food taste good, and that there is a place for fat in a healthful diet. But a lot of what I'm doing in my work on my blog and when I'm working with vegan lifestyle coaching clients is I want people to be vegan, I want them to stop eating animals. And when we start to say, "You can't have this, you can't have that," that's not about veganism, that's about somebody who's putting restrictions on the way someone eats and either promising them skinny or promising them that they're never going to get sick. I want people to live healthy lives and I want them to not eat animals.

So if someone's making a transition, I think to remove things that we know and love like salt and oil and sugar, and then all of a sudden someone's going to say, "Vegan food is horrible." No, that's not true. It might be true that what you just ate that had none of those things in it, fat, oil, salt, or no flavor might actually taste horrible. That's not a testament to vegan food, that's a testament to how you prepared it. And I want to make food that my omnivore husband will eat because every time I make something that he finds delicious, that's a meal that he did not eat an animal. And so I don't like that people start to associate veganism with gluten-free. Someone, I was at a restaurant recently and they said, "Well, it's vegan but it's not gluten-free," and I'm like "Great, 'cause those two things are not related whatsoever."

MARIANN: That happens all the time!

JL: All the time. So it's really interesting. And we were actually selling books at VegFest Colorado this weekend and I can't quite remember how the woman phrased it but she said, "Well, now is this book vegan and oil-free?" She put some kind of -- she lumped oil or something into it and Ginny just said, "Well, it is vegan and actually oil is vegan too."

JASMIN: I just have to tell you the most heartbreaking story. I want everyone to feel bad for me. Last year I ran a half-marathon, last fall, and we were with our friends Beth and Debby afterwards and we went to have pancakes. All I wanted, I was running because I knew when I finished running I would get my pancakes. And we went to this restaurant because we had seen on the menu that they had vegan pancakes and we were so excited and it just turned out that they didn't have vegan pancakes. The reason I *thought* they did was because the section of the menu I was looking at was called "vegan and gluten-free." So I figured, "Oh, they're gluten-free, okay that's fine," but it was either vegan or gluten-free. I hate being in the same section of the goddamn menu! Bring on the gluten! You know?

JL: Exactly! I love me some wheat meat!

JASMIN: No shit, exactly. JL, you just mentioned something really interesting about your omnivorous husband. I get a lot of mail from listeners who have a partner or a family member who is not vegan and they're asking me for advice on this. And of course I'm happy to offer advice on anything you want me to offer advice on, but I don't have personal

experience with this and it is something that is a frequent topic on JL Goes Vegan, on your blog. How do you deal with this and what kind of advice would you have for others who might be in the same situation?

JL: Well, I love this question because you know what? There are more of us that are in that situation than are not, is going to be my guess. If you put all of the vegans together in the whole wide world, probably not all of them are married to another vegan or in a relationship with another vegan. And I talk about it -- I just want to share this story 'cause I think it's interesting. I do talk about -- I refer to my "omnivore husband" and I use that word a lot on my Facebook posts, on my blog. And I had someone write me an email once who said, "Why do you always talk about your omnivore husband? It makes me uncomfortable." And what I said to her was, "You know what? There are a lot of people who may not go vegan because they think they can't if everyone in their house isn't. So every time I bring up my omnivore husband, I'm letting someone know that it can be done, that I'm not just eating a vegan diet, I'm living a vegan lifestyle and I'm doing that with someone who is not exactly where I am."

So my advice to people is to set boundaries. Like, my husband and I have very clear boundaries, which is, I will not buy animal products and I will not prepare them. And so if he wants them, he'll buy them and he'll cook them. The good news is I am much more of a meal planner than he is so we almost always have vegan food in the house and so he's eating vegan very often. And I'll tell you, my boundaries go so far that I did a TV appearance last week for the book at a TV station in Denver and they wanted to do a taste comparison, like let's compare the vegan version to the non-vegan version. So I got up at 4:30 in the morning as did my husband, who made all of the non-vegan things for me because I refused to make them. So I think that it works for us. We come up with our boundaries, it's about respect. And I think that in any way, in a loving relationship or partnership, you have things that you might not always agree upon but you do find a way to respect one another. I think veganism is exactly the same.

MARIANN: I think that's such valuable advice because as you say there are so many people struggling with that issue and trying to find ways to deal with it. And I love that you're able to give them that advice. Turning back to the question that we were dealing with before, and Ginny, you mentioned it as one of the reasons you actually thought about writing this book, and that is because of weight and people's concern with weight and people's obsessions with weight, and we all know that it's a huge, huge topic of conversation around food in America. But what is the relationship of veganism to weight-loss? Can women expect to lose weight when they go vegan?

GINNY: Well, certainly we hear from some women that they do lose weight when they go vegan and there's evidence that vegans have, on average, lower body mass indexes than omnivores so there's evidence that vegans *tend* to be a little bit slimmer. That does not mean that vegans are never overweight and in fact it's very much the opposite. Many vegans struggle with weight management. And I think that within the vegan community there tends to be some shame about that. We feel that we're all supposed to be slender if we're vegan, that that's how we're supposed to promote veganism. And so one of the things that I wanted to do in this book, and something that's important to JL as well, is to kind of shift the focus away from the scale towards making health choices that are based on health,

on eating as healthfully as possible and eating as compassionately as possible and I wanted women to understand that that can be enough.

If you're making healthy vegan food choices, you're eating in a way that's compassionate to your body and that has far reaching effects on the environment and on animal welfare, and if you don't lose weight in the process, that's okay because you're also doing so much good. And so that's the focus. I did share some information on making food choices to improve satiety, we do talk a little bit about those types of things and about intuitive eating, how to improve eating habits. But for the most part I wanted women to understand that a vegan diet is not a guarantee that we're all going to lose weight, but it is a guarantee that you're going to eat as healthfully as possible and as compassionately as possible.

JASMIN: My attitude about food really, really changed and my attitude about weight really changed when I went vegan about a decade ago. And for me I really felt like a lot of my unhealthy mentality about food and weight shifted into a place of understanding that food was about so much more than just me and I got freed from these issues that were plaguing me from disordered eating, from depression, from things like that. And I'm not saying that everyone will have that experience but I have talked to a lot of women who feel the same way. JL, I'm curious about your attitude about that. Did going vegan change your attitude toward food and weight?

JL: Yes, absolutely. When I went vegan -- truthfully, I went vegetarian in my late 30s. And I've talked about it before on the show, I won't bore your readers, they can google it, it all happened about a goat in Africa. And I was vegetarian for years but when I went vegan, and I wouldn't say that, even though I went vegetarian for a goat I would never have really described myself I think as an ethical vegetarian. I don't really even think I thought about sort of the politics of the label at all. I just was a vegetarian for eight years. I, in January of 2010, went on yet another January diet. The year before it had been Weight Watchers, the year before that it had been South Beach Diet. Every January I would find myself needing to lose weight. And I'm a runner. I was running half-marathons, doing triathlons, yet I was still gaining weight. And I did this nutrition cleanse with a nutritionist from my yoga studio who put me on a two-week food plan where there was no wheat, no alcohol, no sugar, no dairy, no caffeine.

JASMIN: Wait, hang on, no *alcohol*?!

JL: Girl, no coffee and no red wine, I was a bitch. It was no fun to be around me for two weeks.

JASMIN: No kidding.

JL: But I realized at the end of it, I was like, well jeez, all I had was one hard-boiled egg 14 days ago, it was my only animal product. So I went vegan and I did lose a little weight with that cleanse. And I spent my whole year really trying to figure out how to eat vegan food, really started cooking at that point. I was loving it, I was reading blogs. And at the end of that first year of being vegan, guess what. I needed to go on a diet again. So I scheduled an appointment with my nutritionist and I sat down with her and I said, "Okay, we did a cleanse last year, so now here I am again," and she looked at me and she said, "What if this is your

weight? If you're this weight every January 1st, maybe this is how much you weigh. Have you ever thought about just buying bigger clothes?"

And I did. I went shopping the next day. I thought, well, I'll give it a shot. I bought one dress and one pair of slacks, went to work the week after, it was after the holidays, and someone came up to me and said, "Oh my gosh, you look fantastic. Have you lost weight?" and I said, "No, I just bought bigger clothes." And it was a game changer because during that year I was loving preparing food, I was enjoying it, and it was just this moment of, why don't I be as kind to myself as I'm becoming around how I feel around animals? And it was that whole kind of compassion to all beings including myself. And truthfully once I had that revelation it didn't take long. It was a few months later that I met that goat Clover at the Woodstock Farm Animal Sanctuary and really made a connection with my veganism. And truthfully my body acceptance was the doorway to 100% embracing being an ethical vegan not a dietary vegan. So I really felt like it was all connected.

JASMIN: I completely agree. Yeah, go on Ginny.

GINNY: Yeah, and I think what JL is really talking about is redefining this whole concept of our happy weight. Our happy weight is the weight that we're at when we're eating healthfully in response to appropriate cues, in response to hunger rather than emotions, that's a hard thing for all of us I know, and eating foods that we enjoy. And if you're doing that then the weight that you're at is your happy weight, even if it's a number on the scale that other people think is too high. If you're eating appropriately then that's where you belong.

JASMIN: Ginny, one often sees articles in the mainstream press about veganism being a cover-up for anorexia. Are young vegan women and teens at higher risk for eating disorders or maybe more likely to have one?

GINNY: They're definitely not at higher risk for having an eating disorder. We do sometimes see in some of the studies higher incidence of eating disorders among vegan and vegetarian girls, and the reason for that is that they are using these diets to cover up their eating disorder. So what that means is that the eating disorder comes first and then they adopt this diet that they can use as a way to restrict their food choices, just one of many ways.

And one of the really interesting things, and this kind of relates back to this whole body image discussion, is that there was this study that looked at the relationship of vegan and vegetarian food choices and risk for eating disorders. And what the researchers found was that the girls who were choosing the most restrictive diets, vegan diets, because of concerns about animal welfare, were actually at lower risk for eating disorders compared to girls who were a little more flexible in their food choices, like semi-vegetarians, but were doing it for weight control. And so it seemed like the girls and young women who had this broader view of what diet means, that it doesn't just affect us and our body size, it also affects animals, they had better attitudes about food and a better relationship, a healthier relationship with food. So that would suggest to us that ethical vegans might actually be at lower risk for eating disorders.

MARIANN: That's so interesting and demonstrates exactly what happened to Jasmin. I think it's so interesting and I think you're exactly right that that's a really important thing for people

who are thinking about eating disorders, which are a huge problem in our culture of course, it's a new way to think about it. And another thing that I love about the book is that it also deals with women at the other end of the age spectrum, and Jasmin has made me ask this particular question.

GINNY: And I'll answer it.

MARIANN: 'Cause it does, you attempt to cover the issues that involve nutrient needs throughout a woman's life cycle. And what are some of the big diet related concerns that women face as they age and how are they addressed in a vegan diet?

GINNY: Well, I think that one of the biggest concerns is in regards to protein because as people get older we use protein less efficiently, and so there is some indication that, the protein experts think that people over the age of 50 probably have higher protein needs. And if we're not getting enough protein, and this is especially important for women, it impacts bone health and muscle health. So getting enough protein is really important and I do talk about that in *Vegan for Her*, about choosing protein rich foods from all of the food groups to make sure that your diet is rich in protein.

And at the same time older women need to be a little bit careful about the amount of iron in their diet because our iron needs drop after we stop menstruating and there's some indication that excessive iron stores are related to greater risk for diseases like heart disease. So in this case we want to make sure that we're not getting too much iron, we need to cut back a little bit on our iron intake. And this is, it's great for vegans actually because we tend to have smaller iron stores so we're probably at lower risk for the diseases that are related to excess iron.

JASMIN: That's really interesting. Mariann was like looking at me and kind of mouthing the words "I didn't know that!" as you were saying that. It's really, really interesting.

MARIANN: Well, the protein thing, and I didn't know the need increased as you aged. But as I've talked about before on the podcast I have had some protein issues. It's not a total non-issue for vegans as we all know, and I had specifically some protein issues and it probably was related to age.

JASMIN: And it was totally fixable.

MARIANN: Totally fixable, easily fixable once I realized what was going on. But not every doctor is tuned into the issues that might arise in a vegan diet, which is exactly why we all need this book.

GINNY: Right.

JASMIN: JL, I have a question for you. As we keep discussing and as we all know, veganism isn't about cutting things out of your diet, it's more about learning to build your diet around foods that truly nourish you. In your process of creating the recipes for a health focused book, what are some of the foods that you have found yourself encouraging people to include in their diet?

JL: Well, that's a great question and I totally agree with you that once I started eating vegan I felt I ate far more foods than I ever did before because I think I was in such a rut with what I ate. So I think that the whole -- just what you eat just grows and expands and it's very exciting. I go for simple, I know that that was one of the reasons that Ginny wanted me to do this with her. So I just talk to people about eating comforting, yummy foods that you don't have to spend a lot of time for. I'm a big fan of the hippie bowl. I'm one of those beans, greens, and grains kind of vegans.

JASMIN: Yeah, you've got our number.

JL: You know it! And it's just so simple. So when people think, "Oh, eating vegan is so complicated," if you have a grain that you cooked up over the weekend in your refrigerator, a can of beans, and quickly sauté some arugula, or bok choy, or kale, you're going to have a delicious meal in no time. And then throw some nuts and maybe a little nutritional yeast and some lemon juice in a Vitamix and pour a nut sauce over that bowl, and you've just put a meal together in 10 minutes and it's delicious and it's healthy. So I think what I really enjoyed about putting the cookbook part of this book together was just that, just remembering to keep it simple and that I wasn't trying to -- you'll notice there aren't very many dessert recipes because I'm a savory girl, so I'm like, "I'll try Ginny, but I just don't do that!" I don't bake much. But it was just really keeping it very, very simple. Get our vegetables, our fruits, our legumes, our grains, and our nuts and seeds in and we're done. We're eating beautiful, wonderful foods.

JASMIIN: Well, let's talk about soy. Oy, soy vey. Soy vey, oy vey. There's so much scare mongering out there about soy and breast cancer, but Ginny, you've made the case that soy may actually be protective, can you explain?

GINNY: Well, for breast cancer in particular, yes. First of all, there's no evidence that adult women who start adding soy foods to their diet will be at lower risk for breast cancer. Unfortunately that relationship just hasn't panned out. The good news in that respect is that the evidence does suggest that it's perfectly safe for women, that it doesn't raise risk for breast cancer. But there're two areas where the research is really kind of exciting. The first is that there's a lot of evidence that young girls who consume soy foods during puberty and early adolescence are at lower lifetime risk for breast cancer. It has something to do with eating soy at the time that the breasts are developing that makes them resistant to breast cancer. So that's a really interesting area of research and I always tell women if they have daughters to please make sure that their daughters are putting soy milk on their cereal in the morning because it may give them lifelong protection against breast cancer.

And the other issue is that for women who have had breast cancer and are being treated for it, there's evidence that those who consume soy foods have a better prognosis, or a lower risk for a recurrence of their breast cancer. And we're at a point in that research where it's too soon to say that women should actually start consuming soy foods if they have breast cancer. We can't make that recommendation yet, but we can say that for women who have been diagnosed with breast cancer who are regular consumers of soy foods, there is absolutely no reason for them to stop eating those foods. It's perfectly safe and it may be protective.

MARIANN: Wow, it's just so ironic that --

GINNY: It is.

MARIANN: -- the misinformation out there, not just wrong information but actually telling you the opposite of what you should be doing. It's just frightening. So JL, what are some of the soy based foods that you emphasize in the recipes for the book?

JL: Well, I love tofu so there are plenty of tofu recipes, and I learned to love tempeh during the process of this. I'm one of the first people who says that I struggle with tempeh, so I have some tempeh patties in there which are really yummy. And for people who have tried to enjoy tempeh and haven't, let me tell you the game changer for me was learning, one, to steam the tempeh first before you cook with it. But I wasn't quite ready to cook with it yet, so I threw the steamed tempeh into a food processor, added some nutritional yeast, and mashed it up and made tempeh burgers. And yes, I did fry them in a little bit of oil.

JASMIN: Uh-oh.

MARIANN: Ahhhhhhh!

JL: Know what? Look what happened, I love tempeh now! So I do have tempeh and tofu recipes, and I have a silky strawberry smoothie where, if you're getting a little tired of your regular smoothie, you can throw some silky silken tofu in there. And it's really delicious, it's almost like a milkshake.

GINNY: And soy curls.

JL: Oh, and soy curls. Ginny insisted, *insisted*, that I have soy curl recipes and I'm like, "I want to marry you, Ginny, of course I'm doing soy curls!"

JASMIN: I'm so bad at making soy curls.

MARIANN: Yeah, can you come over here, JL, and teach us how to make soy curls?

JASMIN: I'm going to have to follow one of those recipes because I think I'm a pretty good cook but when I make soy curls it tastes like, I don't know, a damp cloth.

JL: You know what? It's really funny, I actually did a kitchen coaching session with two people last week here in Colorado and one of them is a bachelor who said, "I do not want to cook over 10 minutes." And his friend Janet who brought him in for the session had soy curls and so I made him make the soy curls and so we rehydrated the soy curls in veggie broth instead of water. So first off you're going to get a little flavor there, and if you think of soy curls like you would tofu, it's what are you making them with, it's really about the seasoning. And if you really want to be lazy like I am, Butler who makes the soy curls, also makes what they call Chik-Style Seasoning, which is essentially kind of like a chicken bouillon but it's the compassionate version, and if you use that instead of salt it just has a delicious flavor. But it's really about, if you get that soy curl in a skillet with some onion and some garlic and your favorite seasonings, you will love your soy curls.

JASMIN: Goddamn it, Janet. Get it, damn it, Janet? You're making me hungry, which is annoying because you're not here to cook for me some soy curls. But this is just so exciting, *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet*. I do have a question; do you see a future book coming out maybe called *Vegan for Him*?

GINNY: Well, a lot of people have been asking for it and at first I said absolutely not, but we heard so many questions about it at VegFest in Colorado for one thing. Everybody wanted to know if that book was going to be written, so who knows? Maybe it will.

JASMIN: Well, I see that even though you both have done such extraordinary things with your career in so many ways, I see *Vegan for Her* as the beginning of the next phase of your career because this is a book that we all need. We all need it and I'm just thrilled that you're out there and that you're speaking on behalf of animals and that you're changing the world for animals and you're real and people can relate to you and you're like people who we all want to be at our family gatherings, and you kind of are by way of this book and your appearances that you've been making.

So I encourage people to check out veganforher.com. And this seems like a perfect time to do a plug of the fact that if you donate \$50 to Our Hen House, which is totally tax-deductible, then you will receive a copy of *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet* and an Our Hen House tote bag, where you could carry the book around in, 'cause we don't want to just have the book, we need to carry it around in something, so it works out.

MARIANN: It is actually an unbelievably good deal.

JASMIN: I think it's like the deal of the century.

MARIANN: Yeah.

JL: And I just want to say a huge thanks to Da Capo Lifelong Books, our publisher, because they know how important Our Hen House is to us and how important animals are to us and it was so wonderful of them to donate the books so that we could make this contribution to Our Hen House. We're really grateful.

JASMIN: Yes, thank you also to Da Capo. Such a great, great deal we've got here. And thank you both for enlightening us and inspiring us, all of us. And we will definitely stay on top of what you're doing. You write together, you co-write for our Thought for Food column on ourhenhouse.org and we will definitely be inviting you back in the near future to continue to enlighten us. So thank you both so much for joining us. I hope that you make a delicious lunch today and figure out a way of smooshing that food through the computer so that I can eat some of it.

GINNY: We'll try, thank you so much.

JASMIN: Thank you.

JL: Thank you.

JASMIN: That was JL Fields and Ginny Messina from *Vegan for Her*. You have to check this book out. Go to veganforher.com.